

On page 28, line 4, please change "16" to --15-- and, please change "16A" to --15A--.

### IN THE ABSTRACT OF THE DISCLOSURE

Please amend the Abstract of the Disclosure as follows:

[An exercise machine has a height adjustable front stanchion assembly with a telescoping tube having a quick release locking mechanism and a lower rear stanchion assembly.] An inclined monorail [is mounted] mounts between [the] an adjustable front stanchion and lower rear stanchion [assemblies, and a] A roller carriage [assembly], having a padded bench or seat and spool-shaped rollers, [is mounted so as to receive] rolls on the monorail[, and roll upon it]. [Alternately larger roller carriage rollers roll within channels in the monorail. Any of variously tensioned] Elasticized tension straps [is attachable] attach between the roller carriage and [either] the front [stanchion assembly] or the rear stanchion [assembly] to assist or resist the movement of the roller carriage [assembly up the inclined monorail]. [The roller carriage is adapted so that a padded bench assembly and a bicycle seat assembly may be interchangeably rigidly secured to the roller carriage assembly. A rigid bar mounted on the front stanchion retains pull straps grasped by a user to pull the] The user [mounted on the roller carriage up the inclined monorail. Alternately] pulls on interchangeable handles either on pull straps on a front bar or a cable pulley system [is] attached to the front stanchion and to the roller carriage [for pulling the roller carriage. Various handles are attached to the pull straps and pull cables to be grasped by the user in simulating] to exercise and simulate various sports

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movements while moving the roller carriage. [The user may be mounted on the roller carriage or positioned beside the apparatus.] The [stanchion assemblies are pivotable and may be pivoted parallel to the] stanchions pivot flat onto the monorail [in a flat configuration and] to transport the apparatus [transported by rolling] on a stanchion wheel [on one of the stanchions. In the flat configuration, the apparatus may be mounted] or mount it vertically on a wall bracket and the [pulley and] cable pulley system [used to lift] lifts the roller carriage vertically[. A bracket and bar are provided to add variously sized] with weights [to] on the roller carriage. [Foot and head supports may also be added to the roller carriage system. An orthogonal] A detachable foot platform [may be attached] attaches to the rear stanchion for performing leg exercises.

## IN THE DRAWINGS

In FIG. 14, please change the figure number to --FIG. 13-- as indicated in red in the accompanying corrected drawing sheet and as shown in the replacement drawing sheet 5/5.

In FIG. 15, please change the figure number to --FIG. 14-- as indicated in red in the accompanying corrected drawing sheet and as shown in the replacement drawing sheet 5/5.

In FIG. 16, please change the figure number to --FIG. 15-- as indicated in red in the accompanying corrected drawing sheet and as shown in the replacement drawing sheet 5/5.

In FIG. 16A, please change the figure number to --FIG. 15A-- as indicated in red